

## ~ Salads ~

### **Good Winds House Salad // \$6.95**

Mixed greens with fresh tomatoes,  
cucumber,  
and red onion

### **Caesar Salad // \$7.95**

Crisp Romaine lettuce tossed with  
Caesar dressing, Parmesan cheese and  
croutons

Choice of Dressing: Ranch, Bleu Cheese, Italian, Strawberry Vinaigrette, or Balsamic Vinaigrette

**Add Chicken (Blackened or Grilled) // \$6.95**

**Add 4oz. of Fresh Tuna or Shrimp (Blackened or Grilled) // \$8.95**

**Add Crab Bites // \$9.95**

### **Strawberry Fields Salad // \$16.95**

Shrimp and Scallops on top of mixed greens, with fresh strawberries, Feta cheese,  
and a Strawberry Vinaigrette // Available blackened or grilled *(One preparation only)*

## ~ Dinner Sandwiches ~

### **Good Winds Burger // \$13.95**

8oz. of fresh ground beef grilled to perfection,  
served on a toasted Kaiser bun with lettuce, tomato and red onion

*Add cheese // 75¢*

*Add Bacon // \$1.75*

### **Crab Cake Sandwich // \$15.95**

Lump crabmeat grilled and served on a toasted Kaiser bun with  
lettuce, tomato and remoulade sauce

### **Fish Tacos // \$15.95**

Two soft tacos filled with your choice of blackened or grilled fresh local Tuna,  
with fresh crisp cabbage and house-made Pico and Baja Sauce

*All sandwiches are served with french fries or the vegetable of the day*

*Sweet Potato Fries // \$1.50 extra*

## ~ Pasta ~

### **Shrimp and Scallop Scampi // \$25.95**

Fresh local shrimp and scallops sautéed in a garlic  
white wine sauce, with sundried tomatoes and fresh mushrooms, with Penne pasta

**Bruschetta Seafood Pasta // \$25.95**

Fresh tomatoes, basil, shrimp and crab tossed with Penne pasta  
in a white wine and light garlic butter sauce

**Chicken Marsala // \$22.95**

Boneless chicken breast sautéed with an array of mushrooms in a  
Marsala wine sauce, served over Penne pasta